



# Oral Health for All Life Stages



No matter where you are in life, your oral health is important. Every stage presents different oral health needs. But there are things you can do – and not do – that will help keep your teeth and gums healthy.

## Baby Basics

Ages 0-3



**DO** clean your baby's gums and teeth from birth.



**DON'T** wash a pacifier with your own mouth.



**DON'T** give milk, juice or other sugary drinks at naptime or bedtime.

## Kidding Around

Ages 4-12



**DO** take your child to the orthodontist by age 7.



**DO** discuss sealants with your dentist.



**DON'T** ignore dental fears – try a few tricks to calm anxiety.

## Teen Teeth

Ages 13-19



**DO** buy sugar-free gum.



**DO** make sure your teen wears a mouth guard while playing sports.



**DON'T** approve a tongue or lip piercing.

## Young Adult Care

Ages 20-35



**DO** learn how to manage stress.



**DO** be aware of oral health changes during pregnancy.



**DON'T** smoke or excessively drink alcohol.

## Midlife Matters

Ages 36-64



**DO** take care of yourself when you're busy taking care of others.



**DO** know that people with diabetes or heart disease are more likely to have gum disease.



**DON'T** stand for stains if they undermine your self-confidence.

## The Golden Years

Ages 65+



**DO** discuss your options if you need to replace teeth.



**DO** get screened for oral cancer and other dental diseases.



**DON'T** assume that dry mouth or tooth loss is normal – there are remedies.

## All Ages

- DO** brush your teeth twice a day with fluoride toothpaste.
- DO** floss between teeth once a day.
- DO** visit the dentist twice a year for checkups.
- DO** eat a healthy diet rich in calcium and avoid sugary drinks and snacks.